

UNIT 376 E-NEWS



American Legion Auxiliary

Fort Hill ~ Unit 376
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From Jeanie Petersen, Membership-Treasurer-Publicity Chairman

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April 3, 2020

Hi ALA-ers,

Everything seems so surreal doesn't it? We were planning meetings and dinners; I got the St. Patrick's decorations up in the Post dining room, and all of a sudden



everything just stopped, BAM!, due to the COVID-19 pandemic. We're all

following the "shelter-in-place" restrictions to limit the risk of exposure. This is an unprecedented crisis in our community... and the world. Due to that, I'm officially writing to tell you that our upcoming Unit 376 meeting, Tuesday, April 14, is cancelled; the CCALA dinner meeting (which was going to be at our post); the Easter Breakfast, our Cinco de Mayo dinner, and the big Memorial Day parade, all cancelled. The Sixth District's Spring Conference, April 18, to have been hosted by ALA Unit



876 (Sherburne), cancelled.

The May Unit/County meetings are probably not going to happen either, however, "officially" I can't say. The Legion's Sunday Community Breakfast- (since 1994), cancelled, until you hear otherwise.

I can say that, *sadly*, Empire Girls' State is also cancelled. I'm sure our two new delegates: Samantha Emerson and Emma Hodge are *very disappointed*. (Alternates were: Audrielle Clark and Brooke Moore.) They were looking forward to an exciting week at SUNY Brockport.

On the plus side: 2020 ALA dues renewals we're up to 152 members for 86.86%! – thank you very much for taking care of that. Your support now and throughout the year is the reason we can continue the ALA's mission. If you haven't paid, you can still do so by credit card online (which a lot of people are taking advantage of, or mail a check to our PO Box 832. The Legion bar is closed. A lot of businesses are deferring payments and I understand if you can't pay now. Pay when you can.

The Oxford Soup Kitchen at St. Paul's Church and the Oxford Food Pantry at the United Church of Oxford have altered their distribution methods for health safety. All program volunteers and staff risk their own health and well-being to be on the front lines. They see the men, women, and children, struggling with hunger in our community and the numbers are climbing dramatically! I want to give a special "shout-out" to Post 376 Commander Darlene and her husband, SAL member Greg Ardron, for volunteering their help with both of these Oxford organizations. If you see them, thank them, from at least 6' away (--practice physical distancing)!

What to do?

Tired of sanitizing? Going Ape-S***? Did you know that today, April 3rd, is primatologist Jane Goodall's 86th birthday! You can take a free test to see what you know about apes-

<https://kids.nationalgeographic.com/games/quizzes/quiz-whiz-great-apes/?cmpid=org=ngp::mc=crm->

email::src=ngp::cmp=editorial::add=FFG_Special_20200329&rid=354DAB9AC539A7B8FE0FF83AE4512D6C

The NYS DEC and State Parks are encouraging people to engage in responsible recreation during the ongoing COVID-19 public health crisis. Get outdoors to walk, jog, hike, ride a bicycle, fish, or visit a park or state land. If you use Zoom, contact ALA member Jacky Knoll-Carr for a live, online Zumba class. These are healthy ways to stay active, spend time with immediate household family members, and reduce stress and anxiety when practicing social distancing.

There's yard work – leaves everywhere to be raked – but it's a little cold/windy. I hear that seeds are sold out by people wanting to start Victory Gardens.

Staying indoors: Arts/crafts companies, like DickBlick.com, are proposing getting kits to be creative.

They even offer this free pattern: https://www.dickblick.com/project-ideas/diy-foamboard-organizer/?trk_msg=4UFNHQG4JFC4HAV9GS6R0OCKE4&trk_contact=0P7MNQN4Q0594VCPAHN26A0330&trk_sid=P3BJ52654F80RSPVD7EHUDAOL4&utm_source=listrak&utm_medium=email&utm_term=DIY+Foam+Board+Organizer&utm_campaign=Bweb_0403200MW&utm_content=omni for a free

for a Foam Board desk organizer. (Looks pretty challenging and you need the foam board.) There are embroidery, sewing, knitting, painting, etc., projects to buy online. DickBlick has e-coupons too. Aside from mending things, like I've been, there are online fabric companies like the Savage Quilter (in OK), that sell quilting and other sewing patterns- <https://www.savagequilter.com/shop/Patterns.htm> .

There are free sewing patterns for making face masks –supplemental protective masks (-not medical grade): <https://sweetredpoppy.com/how-to-sew-a-bias-tape-surgical-face-mask-with-flexible-nose/> Some hospitals are using them to make their N95 masks last longer. Delve into creative learning with online e-courses. The Graphics Fairy is one such company. A great resource for DIYers & crafters, thegraphicsfairy.com has free online vintage images, copyright free, that you can copy and save to your computer to "play" with at no cost.

National Geographic has a great list of things to do with kids -

<https://email.nationalgeographic.com/H/2/v400000171269a5c6c98665e6e9666b528/49de850c-527f-4d77-ad9c-28e64de48653/HTML>

Penny Dell Press - <https://www.pennydellpuzzles.com> sells all sorts of word puzzle books (which I've been hooked on for a couple of years now), however, you don't have to buy the printed books. They sell (\$2.99) selections you can print from your computer. (There's a free sample page for each one if you just want just one to try.) There are apps for some online games too. (Before you order, sign up to get their 10% off coupon.)

You can experiment with new recipes too! Watch cooking programs on TV for inspiration - there are so many! Since we're challenged with creating meals with leftovers or what's in your pantry/freezer, why not pretend you're on Chopped! What can you make with the Chopped Mystery Basket ingredients?

Do you want to share any recipes or stories about what you've been doing during this sheltering period? Write me and I can send it out to our ALA members.

I saw this funny meme:

THE STRESS DIET --

BREAKFAST: 1/2 Grapefruit, 1 slice Whole Wheat Toast, 8 oz. Milk.

LUNCH: 4 oz Lean Broiled Chicken Breast, 1 cup Steamed Zucchini, 1 Oreo Cookie, Herb Tea.

MID-AFTERNOON SNACK: Rest of the package of Oreos, 1 quart Rocky Road Ice Cream, 1 jar Hot Fudge.

DINNER: 2 loaves Garlic Bread, Large Pepperoni and Mushroom Pizza, Large Pitcher of Pepsi, 2 Milky Way Candy Bars, Entire Frozen Cheesecake eaten directly from the freezer.

●The Chenango County American Legion "Family" joint "Birthday" meeting was held on March 10th (which I went to) at Post 876, Sherburne; with special guests 2019-20 6th District Commander Leo Mackie, along with Richie Price and photographer, Wayne Dunckel. (I wore green for St. Patty's Day.) It was the last big gathering I went to.



Chenango County ALA meeting, March 10, 2020, held at the Sherburne Post 876.
Center is 6th D. Commander Leo Mackie.
(Photo by Wayne Dunckel)

Please be safe and stay healthy!
Best wishes,
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P.S.–For more info – oxford-
ala.chenango.org
Also check out Chenango County
Legion's website: ChenangoLegion.org

BTW- Like you, there are "bad people" clever, malicious, web spammers and scammers staying home thinking up new ways to commit fraud; to get your private info or better yet, to give your

computer a virus. Remember that banks will never ask for personal or financial information or access codes through email, text, or unsolicited calls. Don't click on attachments on emails you don't recognize (especially ones with .EXE extensions. That's something that's going to "run" a program.) Just look at things carefully – don't click without questioning what it is first.